

Links to Resources for Mental Health Awareness 2023

1. Mental Health and Medication

[Mental illness - Diagnosis and treatment - Mayo Clinic](#)

[NIMH » Mental Health Medications](#)

[Drugs That Treat Mental Illnesses](#)

2. Mental Health and Alternative Treatment

[https://www.alternativetomeds.com/blog/alternative-treatment-for-mental-health/#:~:text=Alternative%20Mental%20Health%20Therapies%3A%201%20Physical%20exercise%202,other%](https://www.alternativetomeds.com/blog/alternative-treatment-for-mental-health/#:~:text=Alternative%20Mental%20Health%20Therapies%3A%201%20Physical%20exercise%202,other%20)

3. How to select a Therapist

[How to Find a Therapist Who Really Gets You - Frenshe](#)

4. Resources to find a Therapist

[About — Therapy For Black Girls](#)

[Psychology Today: Health, Help, Happiness + Find a Therapist](#)

5. Articles pertaining to Mental Health Issues

[What Is Emotional Intelligence? – Forbes Health](#)

[What Do Happy Couples Do Differently? Therapists Weigh In. | HuffPost Life](#)

[Dr. Joanne Frederick speaks on alcoholism awareness \(audacy.com\)](#)

[The Hidden Form of Verbal Abuse Black Women Don't See Coming](#)

6. Books on Mental Health by Black Authors

[Copeology: Frederick, Dr. Joanne, Mckenzie, Janice, Bego, Reverend Dr. Orlando Jermaine, Haley, Erin, Simpson, Pastor Kristen C., Briscoe, Evangeline, Dionna, Princess, Eli, Jayla, Law, LaShawn, Enterprises, Krisco: 9798763404463: Amazon.com: Books](#)

